



# The Iguana



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## Okita takes over JTF-Bravo command

By 1st Lt. Richard Komurek  
Public Affairs

Joint Task Force-Bravo welcomed a new commander and bid farewell to their former leader during a change-of-command ceremony July 17.

Col. Michael Okita assumed command of JTF-Bravo from Col. Michael Wood, who has been assigned to the Joint Special Operations Command at Fort Bragg, N.C.

The ceremony was attended by several military leaders and distinguished guests, including Frank Almaguer, U.S. ambassador to Honduras; Maj. Gen. Gary Speer, deputy commander in chief of United States Southern Command; retired Gen. Marco Rosales Abella, Honduran deputy minister of defense; Gen. Daniel Lopez Carballo, Honduran Joint Chief of Staff; Lt. Col. Gustavo Lanza Lagos, director of the Honduran Military Aviation Academy and Anibal Murillo, governor of La Paz.

Speer, who flew in from Southern Command, Miami, for the day, spoke about the significance of the change of command here.

"Thank you all for attending this very important ceremony today in which the command of the only forward deployed



Photos by Martin Chahin

**The newly appointed JTF-Bravo Commander, Col. Michael Okita greets Col. Agenor Navas Rodriquez, the Honduran commandant commander of the Special Forces Operation at Tamara. Okita will be working closely with the Honduran services during his year of command.**

force stationed in Latin America passes from one great leader to another," he said.

Speer also took the opportunity to praise Wood's leadership and thank JTF-Bravo members for their hard work over the past year.

"JTF-Bravo continues to be the doorway through which our regional engagement and efforts in strengthening democracy have passed into Latin America," he said.

"For the men and women who comprise JTF-Bravo, from ARFOR to AF-FOR, thank you for what you do not only today but every day, day in and day out. Your many accomplishments have a profound impact on the people and nations of Central America."

In addition to praising JTF-Bravo's past, Speer also hailed the new commander and the promising future for the task force.

Speer said he has known Okita for more than 15 years and was confident that Okita's tactical background and concern for soldiers made him fully qualified for this command.

Upon his turn at the podium, Okita said he was energized and anticipated the challenges and opportunities that lie ahead.

"In the days ahead, I look forward to

working along side you uniformed military, defense department civilians and contractors and most especially my new civilian and military Honduran colleagues," Okita said. "As we step forward together, I ask you to join me in revalidating the commitment you made to your nation's flags, to your services, to those you are chartered to serve and to the team we are all a part of."

Okita's military career includes experience as an airborne infantry platoon leader and company executive officer, Infantry battalion S3, Ranger battalion executive officer and Infantry brigade executive officer.

He twice served as Aide-de-camp, was commandant of the Airborne School at Fort Bragg and commanded rifle companies in the 82nd Airborne Division during Urgent Fury, Grenada and in the 2d Ranger Battalion during Operation Just Cause in Panama.

Most recently Okita commanded the 2d Ranger Battalion, Fort Lewis, Wash.

Okita comes to JTF-Bravo from the National War College in Washington, D.C., where he completed advanced military education and training. A native of Honolulu, Hawaii, Okita earned his commission in 1980 as a Distinguished Military Graduate of ROTC at the University of Dayton, Ohio.



**Okita accepts the JTF-Bravo colors and JTF-Bravo command from Maj. Gen. Gary Speer in the change of command ceremony here July 17.**

## Commanders Corner

# Soldiers, airmen are their own first line of defense

By MAJ Leonard Grassley  
Joint Security Forces

The term force protection has become commonplace among the many military terms, expressions and acronyms we have grown accustomed to hearing almost on a daily basis. We know it means we are responsible for protecting military assets, the mission and of course, the people we work with every day. In fact, if you ask me, protecting our people (the force) is the number one priority of force protection. Losing a piece of equipment is bad, botching up a mission is terrible, but losing a life is irreplaceable - and unacceptable.

However, what force protection also means is that each one of us is responsible for ourselves as well. In an area like Honduras where the threat of terrorism is negligible, we may sometimes find ourselves complacent in the manner at which we conduct ourselves off post.

Unfortunately, as U.S. military members in a foreign country, we are also at risk of being the victims of theft, robbery or even assault. We have had three such incidents in the past two months where members of our Soto Cano family have been victimized while off base. Fortunately, none of these individuals were hurt as a result of their confrontations and were able to report the incident to the Joint Security Force desk.

So, what can you do to better protect yourself? Above all else, being aware of your surroundings and using a little common sense will greatly reduce your risk of being targeted while off base. Additionally, the following measures will also help to mitigate the risks of being victimized:



- Travel in parties of at least two, avoid shortcuts and stay in well-lighted areas
- Never gather in large crowds
- Keep a low profile
- Clothes and vehicles should not clash with the local populace
  - Never carry or "flash" large sums of money
  - Never get involved in political demonstrations or discussions
  - Never discuss the activities of JTF-Bravo with anyone while off the compound
- Do not resist an armed assailant
  - Avoid civil disturbances, demonstrations and disputes with the local citizens
  - Do not reveal travel plans or itineraries to anyone who does not need to know
  - Keep a list of emergency telephone numbers handy at all times, particularly the Honduran telephone numbers of JTF-Bravo
  - Know the location of a safe place to go

These 12 measures, in combination with good common sense, awareness and adherence to Directive 1, will help to prevent unwanted attention toward yourself.

If you are involved with or witness any unusual or unwanted activity that threatens the well being of our military family, contact the Joint Security Force desk immediately -- from off post call 234-4634 ext. 4170.

Force protection is the umbrella for which we conduct our mission, our daily activities, and ourselves. You are your own first line of defense.

## Chaplain's Corner

# Truly knowing god involves trust, belief, love

By Chaplain (CPT) Earl Vanderhoff  
JTF-Bravo Chaplain

*Judges 2:6-13* "Then the children of Israel did evil in the sight of the Lord, and served the Baals; and they forsook the Lord God of their fathers."

The book of Judges tells us about the history of Israel following the conquest of Joshua. *Judges 1:1-2:5* continues an introduction, for it shows how the Israelites quickly lose zeal for their God-given mission of inflicting judgment on the Canaanites and begin to tolerate them in their midst. This section culminates with God's indictment of Israel's sin. But *Judges 2:6 to 3:6* is an introduction of another sort. Here, the author of the book traces the spiritual decline of the people and shows us the pattern that will dominate this account. More important, he reveals much about God's reasons for sending both oppressors and judges.

The author begins at the time of the apportionment of the land. With God fighting for them, the Israelites triumphed in their initial conquest of Canaan. God then divided the land to the tribes according to his own will. And Joshua sent them out to their God-given "inheritances," fulfilling all God's promises to them.

Those were the blessed days of God's favor. "And the people: served the Lord" as the faithful Joshua and his contemporaries lived, for they kept alive a firsthand knowledge of God and of his great works on Israel's behalf. But as his generation began to die

off, another arose "who did not know the Lord nor the work which he had done for Israel." It is inconceivable that the succeeding generation does not know of God's existence or of the things he has done; the sense of the passage seems to point to a lack of devotion to him.

Lacking devotion to God, the people do evil and forsake him. But they do not lapse into atheism; rather, they follow "other gods from among the gods of the people who were all around them." They fall into the snare laid by their toleration of idolatrous pagans — they begin to worship Baal, the Canaanite god of storm and fertility, and his consort, Ashtoreth. In doing so, they reject the Lord, God, who made the heavens and earth and who made a covenant of grace with them. He alone is the lord of the storm and the giver of life. And the jealous God, who had commanded them to have no other gods before him, is provoked to anger by their evil doing.

This passage, and the entire Bible, makes clear that we can know about God without truly knowing him. True saving knowledge of God involves trust, belief and love.

Are these responses to God present in your life, or does your "faith" consist of only facts? Do you plan on attending chapel, or do you consistently find other things to do? Come and join us for worship, and grow in faith and love for Jesus Christ.

Would you be interested in a basic class to learn about what the Bible teaches about God, faith and Jesus Christ? I will set up a personal study or a class if enough people are interested. Please call me at ext. 4351 and sign up.

## The Iguana

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## Proposed Army budget focuses on quality of life

WASHINGTON (Army News Service) — The Army announced details of its Fiscal Year 2002 budget request during a Pentagon press briefing June 27.

Following Defense Secretary Donald H. Rumsfeld's unveiling of the overall Department of Defense budget, Maj. Gen. Larry L. Sinn, director of the Army budget, highlighted the Army's request for the upcoming fiscal year, which runs from Oct. 1, through Sept. 30, 2002.

The Army's FY'02 budget requests \$80.2 billion in total obligation authority from Congress, over \$6 billion more than appropriated for the current fiscal year.

The budget for the Army cuts flying time for helicopters and driving time for tanks while paying troops more and giving them better places to eat, work and live, Sinn said.

The Army budget is part of President George W. Bush's FY'02 amended defense budget. The amended version adds funding and details to the broad defense vision Bush outlined in his February budget submission to Congress, "A Blueprint for New Beginnings."

Sinn said the Army budget request supports the three elements of the Army Vision — people, readiness and transformation. It also supports the strategic guidance to transform into a full spectrum force while ensuring war-fighting readiness, he said.

The budget centers on three Army priorities — to man the force, train the force and grow leaders for the 21st century, he said.

The FY'02 budget mans the force with better pay and incentives, Sinn said. It funds both the congressionally authorized pay raise of 4.6 percent and additional pay raises targeted by grade and years of service. These pay raises are key components of Bush's initiatives to improve quality of life for military personnel.

In addition, the upcoming budget places emphasis on recruiting and advertising.

"We're going to hit all of our recruiting goals this year," Sinn said. "We're going to hit our retention goals and then exceed both. It's a remarkable turnaround from about 24 months ago. It takes some money to do that, but I think we put the money in the right place."

The FY'02 budget will also increase the basic allowance for housing rates, by revising rates and reducing out-of-pocket expenses for service members from 15 percent in FY'01 to 11.3 percent. The rate revision is part of a plan to eliminate average out-of-pocket costs entirely by FY'05.

Army Transformation is not progressing at the desired velocity and the funds to speed the process just aren't available, Sinn said.

"We're not going as fast as we'd like it to go," Sinn said. "We'd like to move it a year faster. And what would it take to move it a year faster? I don't think you could give our chief of staff and our secretary enough science and technology money to satisfy their appetite."

Another concern is the quality of living and working conditions for service members. Their improvement is a necessity, Sinn said.

"These living conditions are abysmal," Sinn said. "We're going to take a little risk in the operating in general and put some money on facilities. We're going to look out for sewers, heating ventilation, air condition and our dining facilities."

In short, the FY'02 budget keeps the Army Vision on track — caring for People, ensuring continued Readiness, and enabling Transformation, Sinn said.

The budget must now be approved by both the House of Representatives and Senate Appropriations Committees before going into effect at the beginning of FY'02.

(Story by Nicholas J. Carter, Army News Service)

## Gaddis takes command of 1-228th

Compiled by Spc. Sarah Maxwell  
Iguana Editor

In a formal change of command ceremony here July 10, Lt. Col. Willie Gaddis received command of the Army's highest operational tempo aviation unit, 1st Battalion, 228th Aviation Regiment, from Lt. Col. Scott Ciluffo.

Gaddis received a reserve commission from Alcorn State University, Miss., in 1982 and since then has been on tours in Germany, Panama and two tours in Korea along with numerous stateside assignments. He has held positions from platoon leader, company commander to battalion executive officer.

He was the senior auditor, internal review and program executive for the Department of the Army OD-CSOPS at the Pentagon. More recently he was the resource manager for USAREUR DCSOPS in Ger-

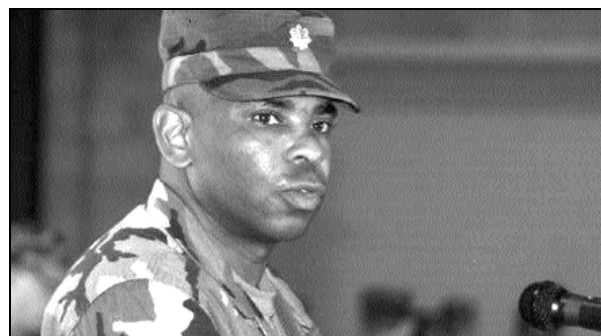


Photo by Martin Chahin

Lt. Col. Willie Gaddis talks to his troops as their new commander at his ceremony July 10.

many and the Group operations officer for the 164th Air Traffic Services Group in Korea.

Ciluffo was in command of the 1-228th for a year and is now at the U.S. Army Safety Center at Fort Rucker, Ala., where he serves as the chief of aviation accident investigations.

### Lt. Col. Willie Gaddis

#### PME and Education

- Bachelor's Degree in Business Administration from Alcorn State University
- Master's in Management from Troy State University
- Air Defense Artillery
- Air Defense Artillery Basic course
- Aviation Officer Advance course
- Combined Arms Service Staff School
- Command and General Staff College
- UH-60 Black Hawk Qualification Course

#### Significant Awards and Decorations

- Meritorious Service Medal 5 Devices
- Army Commendation Medal 2 Devices
- Army Achievement Medal
- National Defense Service Medal
- Overseas Service Medal 2 Devices
- Army Service Medal
- Senior Army Aviator Badge
- Parachutist Badge
- Air Assault Badge
- Department of Army Identification Badge

## Nash receives reins of MEDEL command

Compiled by Spc. Sarah Maxwell  
Iguana Editor

In a formal ceremony July 10, Col. James Martin passed command of the Joint Task Force-Bravo Medical Element to Lt. Col. (Dr.) Barrington Nash.

Nash is an Alabama native who graduated from West Point in 1978.

His career has led him to tours in Panama, Louisiana, the Pentagon and Germany with multiple tours in Korea and Virginia.

Nash has held a variety of positions — from a platoon leader, executive officer, company commander to battalion commander.

He has also served on several departmental and hospital committees and was the White House Physician during both the Clinton and Bush administrations.

Martin, who closes this chapter of his career with strong memories of his tenure of command at Soto Cano Air Base has reported to MacDill Air Force Base in Tampa, Fla., to become the chief of safety and training for the United States Special Operations Command.

### Lt. Col. Barrington Nash

#### PME and Education

- Bachelor's of Science from West Point

- Field Artillery Officer Advanced Course
- Uniformed Services University of the Health Sciences graduate
- Family practice internship and residency
- Army flight surgeon course

#### Significant Awards and Decorations

- Army Meritorious Service Medal 2 Devices
- Army Commendation Medal 1 Device
- Joint Service Achievement Medal
- Army Achievement Medal
- Airborne qualified
- Air Assault qualified
- Expert Field Medical Badge
- Flight Surgeon Wings



Photo by Martin Chahin

Lt. Col. Barrington Nash cuts the first piece of his cake after receiving MEDEL command July 10.





Sgt. Rick Jarrell leans in and braces himself as he resists knee-thrusts by a pepper-sprayed JSF officer Spc. Welch during a training exercise July 11. Officers re-

ceived baptism-by-oil training when JSF officers were pepper sprayed and then had to negotiate a five-station apprehension-defense course while visually impaired.

Photos by Master Sgt. Jeff Bohn

## Pepper: It's not j

By Master Sgt. Jeff Bohn  
Public Affairs

Waiting to be put through agonizing pain and tor-  
ity associated with most servicemembers' daily tas-  
of Joint Security Forces, it wasn't just an adventur-  
sightful look at enhancing their ability to protect a-  
tentially saving their lives and lives of others in a cr-

One at a time, each member received a healthy se-  
oresin Capsicum (OC) pepper spray, which started  
ance-based exercises against a different unimpaired  
was knee strikes, arm blocks, close punches or tak-  
training the members routinely do is far from routine  
and eyes are suffering from an unquenchable chem-

"OC Pepper Spray has an incredible effective-  
timated by an uneducated, unsuspecting individual.  
exposed to OC, he or she will be more aware of the p-  
iological effects and be more prepared to continue th-  
with an individual he or she just sprayed," said Sg-  
member who is a DOD certified instructor of the Ne-  
structors Course.

Of course not everyone painted the same picture  
plucked my eyeballs out and boiled them in motor o-  
head," said Pfc. Mitch Lindner, a JSF officer who ra-

The five specific exercise stations in the gauntle-  
cially for close encounter tactical situations.

"Knee strikes and close punches were chosen bec-  
unable to see the subject. In close-quarter combat t-  
and they can be very powerful against an aggressor  
to illustrate the difficulty of defending against an-  
forces the officer to open their eyes and defend him-

"The take down station is actually a combinat-  
points: Identifying a threat and maintaining muzzle  
distance. Weapons retention, where an aggress-  
weapon and the officer is required to maintain con-  
The last point is to affect an apprehension. Officer  
day; add a little OC pepper spray and this proficient t-  
possible," Willis added.

While not every member will have the opportu-  
use this type of training, there are many situations



Sgt. Joe Willis attempts to take Pfc. Mitchell Lin-  
from him during the last obstacle on the gauntle-



# ust for the dinner table anymore

ture is not a commonal-  
ks. But for 17 members  
e in pain, it was and in-  
nd serve, as well as po-  
sis situation.

quirt of 10 percent Ole-  
a gauntlet of perform-  
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ke downs, the practical  
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ss and is often underes-  
Once a person has been  
psychological and phys-  
e mission or empathize  
gt. Joseph Willis, a JSF  
on-Lethal Weapons In-

e. "It felt like someone  
il then stuck them in my  
an the course.

t were developed espe-

cause the officer will be  
these are more effective  
r. Blocking was chosen  
attacker. This station  
self," Willis said.

ion of three additional  
e discipline as you close  
or grabs the officer's  
trol and regain his aim.  
s master this task every  
ask becomes nearly im-

ity in the near future to  
that could occur where

the officer will be able to use this training in confidence.

"In the event that a police officer is apprehending an individual and he becomes compromised, his partner may spray the subject. Coincidentally the spray may either come in direct contact or secondary contact with the arresting officer. He or she should be prepared to break contact and or continue the apprehension," Willis said.

"Another common scenario is a domestic-violence response. An angry spouse may spray police officers attempting to apprehend their husband or wife. As a result the officers may have to perform to affect the apprehension or escape.

"All personnel involved in civil disturbance or crowd control should receive this training. In the event a member of the control force is pulled into the crowd, the only means of rescue may be to spray the individuals in the area, to include the officer," Willis concluded.

Regardless of the situation, the officer must be able to perform. There are variations to the sprays, mostly involving different concentration levels.

Willis said there are three basic concentration levels: five-percent OC concentration is sold at convenience stores, a 10-percent concentration that is carried by police officers, or a 30-percent concentration that is used to defend against bear attacks.

Even though this training is necessary, it isn't an every-month occurrence. In effect, there are three phases of training to maintain proficiency.

Willis said the officers' first training phase is to receive level 1 contamination — a direct spray to the facial area once in their career. At least annually they should receive level 2 contamination — a cloth with OC on it that simulates coming in contact with exposed clothing, or level 3 — entering a contaminated room like a tear gas chamber.

Willis, Staff Sgt. Thomas Martin and Staff Sgt. David Dodd were the instructors for the pepper spray course. While initially the training was for the special reaction team, additional members joined in from the JSF to round out the training program.

All of the instructors are certified through the Department of Defense, Non-Lethal Weapons Instructors Course NLWIC as non-lethal instructors.

NLWIC instructors are certified to teach open hand control techniques, including pressure points and locks, as well as various strikes and kicks. The school also enables instructors to teach all facets of OC pepper spray and non-Lethal munitions such as foam batons, bean bag shotgun rounds, and stinger ball grenades.

In future days if you see a cordoned area with a group of police in battle gear, you might want to stay up wind and observe. It is the hard-charging JSF doing what they do best — preparing to keep us safe.



**Pfc. Brian Crockrell takes a direct shot of 10 percent OC pepper spray at the start of the exercise. Crockrell must then negotiate five attack stations while his eyes are burning severely from the spray.**



**Spc. Andrew Cavage immobilizes bad-guy Spc. Jack Mawson in the final test of the pepper spray exercise -- next stop: eye wash station.**



**ndner's weapon away  
let. This exercise sta-  
tion was a test in an officer's ability to maintain control of his weapon  
while attempting to apprehend a subject while visually impaired.**



# Joint training prepares Honduran, U.S. security forces



Photo by Master Sgt. Jeff Bohn

The Honduran security forces successfully take down an infiltrator in a joint security exercise with JSF that concluded at the ammunition storage area.

**By Master Sgt. Jeff Bohn**  
*Public Affairs*

Two dead Honduran guards, multiple shots fired, an unauthorized entry, and 45 minutes chasing the bad guys left Soto Cano safe and secure with resources in tact and remaining personnel safe — Exercise Message Out.

With a joint-security exercise taking place July 12, Soto Cano Joint Security Forces and local Honduran Security Forces, La Guardia, tested communication and apprehension procedures against some infiltrates to base security.

With the aid of an exercise evaluation team member from JSF, two Hondurans dressed as civilians and packing M-16s “drove through the front gate” and the evaluation began.

Amidst the initial confusion and communication issues, the unauthorized vehicle made its way through the base along back roads avoiding the elusive eye of people that could end their day rapidly.

After eliminating a security guard from the picture, the duo of would-be bad guys made their way to the ammunition storage area for some more security testing.

While they did succeed in killing one more guard as part of the exercise’s plan, they managed to entrap themselves in each of the fenced compounds for the short time that it took Joint Security

Forces and La Guardia to arrive on scene.

In decisive and well-choreographed maneuvers, each security team made tactical choices that landed their subjects into custody.

Security-2, bad guys-0.

Exercise coordinator Staff Sgt. Pedro Soler said the exercise went well.

“This was the first combined exercise that any of us at JSF can remember,” Soler said.

Soler explained the purpose of the exercise was two-fold. First, it helps to enhance security by working together with La Guardia and overcoming the language and procedural barriers. Secondly, it gives the JSF and La Guardia commanders the information necessary to make solid recommendations to the Joint Task Force-Bravo commander when it pertains to the Joint Base Security Plan.

An important benefit to the exercise was the evaluation of the new closed-circuit television system, which showed its value during the exercise.

“It performed perfectly,” Soler said. “It detected the presence of the threat, monitored and classified it to provide the on-scene commander the necessary information for an immediate response without forcing guards to leave secured positions.”

Soler concluded, “It was a good learning process and will be good to exercise jointly in the future.”



## Diplomatic Mission

**Left:** Col. Michael Okita welcomed Frank Almaguer, U.S. Ambassador to Honduras and U.S. ambassadors from six other Central American nations to Soto Cano for a Chief of Mission Conference on Tuesday. The conference, requested by Almaguer, was a rare opportunity for all U.S. ambassadors in Central America to meet and gain information about regional issues and the JTF-Bravo mission. **Bottom:** Marine Gen. Peter Pace, commander in chief, U.S. Southern Command, also attended the conference and took time to present his coin to Air Force Senior Airman Mike Schneider and Air Force Master Sgt. David Morgan before departing the base.



# Racquetball offers good time while staying in shape

By Spc. Sarah Maxwell  
Iguana Editor

Servicemembers stationed at Soto Cano have countless opportunities to get in great shape with the numerous sports and activities available here, which are complimented by the year-long summer weather. But, when the rainy season leaves the fields too wet to play football or the storm is too hard to play basketball in, people have the opportunity to still have a great workout.

Every Monday at 7 p.m. a small group of people get together to play the demanding game of racquetball at the base courts located near the pool. The sport is played in an inclosed, 40-foot court and has rules similar to tennis. It can either be played one-on-one, two teams of two players, or "cut throat," which is three players in the court.

The spearhead of organizing the Racquetball Club, Capt. Chris Buckner, 1st Battalion, 228th Aviation Regiment, has been playing since he was 16 years old and was on the All-Army Racquetball Team in 1992 and 1996. He uses his skill to help Soto Cano players improve their game by organizing games and giving instruction while the players get a good workout.

"This game is good because it helps guys playing to get in good shape without getting injured," Buckner said.

Staff Sgt. James Peterson, 1-228th, has been playing for about 11 years and thinks more people need to get out and try the sport whether they've played before or are just beginning.

"There's a lot of experience here. You can get good pointers," he said.

Considering himself the most novice of the group, Spc. Mike Monaghan, chaplain's assistant, had never played before joining the racquetball group. He now has had a chance to learn a new sport from the wealth of knowledge offered to him.

He likes the sport because the fast-paced intensity challenges him. He also likes it because it's a self-motivating game.

"I like it because if I do bad, there's no one to blame but me. It's all up to you whether you do good or bad," he said. "Everyone should come out and give it a try."

Peterson said he likes playing because it's a lot of fun and it gives him something to do while he's here and thinks more people should come out and give it a try.

"It's good physical training and a good way to meet people instead of being cooped



Photo by SPC Sarah Maxwell

Playing in the 40-foot court, Spc. Mike Monaghan serves while getting instruction from his fellow players in the court.

up in your hooch all the time or hitting the bars," he said.

If you're interested in playing racquetball but don't have the equipment, Morale, Welfare and Recreation has the equipment available to checkout at the recreation center.

## Setting healthy habits now will give you higher quality of life later

Submitted by Maj. Marie Price  
Preventive Medicine

Once we depended on the doctor to give us a quick fix for our health problems. Nowadays the trend is to prevent illnesses and health problems. It is no secret - preventing ill health and injury has never been easier and has never made more sense. Most of us here at Joint Task Force-Bravo are relatively healthy; however, setting a healthy lifestyle now will help most of us live longer or at the least a more physically enriched existence.

Below are 10 health commandments that have stood against the test of time:

**EXERCISE THE BODY** If you don't use it you will lose it. Getting at least 30 minutes every other day can help prevent heart disease, diabetes and some cancers. Exercising also relieves stress. Make sure you work in some slow days to allow for body recuperation if you exercise daily.

**EXERCISE THE MIND** Learn all you can about healthy lifestyles. Topics should include low-fat dieting, self-care, self-examination and stress management. Read books, magazines or newspapers. Try to learn something new every day.

**EXERCISE THE SPIRIT** Find the time everyday for some peace and quiet. Check your inner-self to determine if you are on-track or derailed. Make and reconfirm your priorities and life objectives.

**EXERCISE YOUR WILLPOWER** Like Nike states, "Just Do It." Examine your daily habits, set goals, find needed changes and make it happen. There is nothing wrong with seeking professional help if needed.

**HAVE A HAPPY HEART** Love and laugh. Find hobbies and things in life that make you enthusiastic and passionate. Surround yourself with people that

make you happy and support you unconditionally. Don't forget to help others.

**PLAY** Find time for undiluted play. Participate in sports and hobbies. Simplify your life and get organized. Enjoy your life, it's the only one you get.

**EAT, DRINK, AND BE MERRY - SENSIBLY** Enjoy the indulgences; however, do it in moderation. Maintain your ideal body weight and limit your alcohol consumption. Don't drink and drive. Drug use lowers motivation and damages your body.

**DON'T SMOKE** Smoking is the number one cause of preventable death in the United States. We live in a country of choices, but let's be smart about our choices. When I'm 60 years old, do I want to carry a fishing pole or an oxygen tank?

**GET REGULAR CHEKUPS** The earlier a problem is discovered, the easier it will be to treat. Your doctor and dentist can tell you how often you need to be checked. Do self exams, and don't "blow off" those diagnostic exams such as PAP smears and prostate exams.

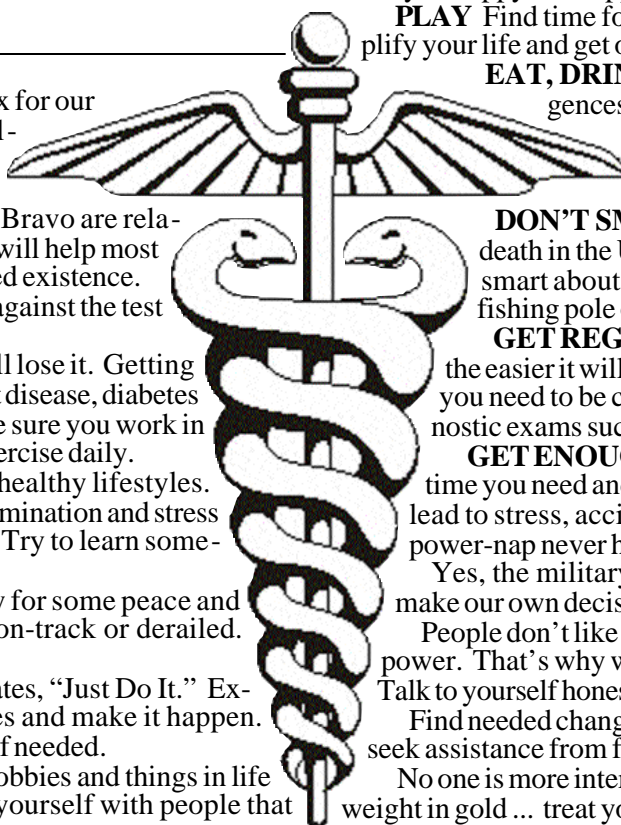
**GET ENOUGH SLEEP** Everyone is different. Learn what amount of time you need and make every effort to get that time. Not enough sleep can lead to stress, accidents and problems with work and family. A 15 minute power-nap never hurt anyone either.

Yes, the military decrees some of our lifestyle, but for the most part we make our own decisions.

People don't like to make changes, and we constantly struggle with our will power. That's why we all have bad habits. Don't despair. Look in the mirror. Talk to yourself honestly.

Find needed changes and write them down if you have to. Be committed and seek assistance from family, friends and professionals.

No one is more interested in you then you are. Remember, you are worth your weight in gold ... treat yourself richly.





## BRIEFS

### Overdue Spanish Books

For those military personnel whom we have called and emailed for four weeks since classes ended to return government property hand-receipted books, please be considerate and return them as soon as possible to the education center's, Sandra Guillen, or we will have to cancel some seats from the upcoming classes. We do not have enough books to teach.

### New Finance Hours

The finance office cashier has new hours of operations.

**Monday, Tuesday and Thursday**  
8:30 a.m. to 2:30 p.m.

**Wednesday**

Noon to 2:30 p.m.

**Friday**

8:30 p.m. to 3 p.m.

**Customer service hours are:**

**Monday, Tuesday, Thursday and Friday**

8:30 a.m. to 4 p.m.

**Closed for lunch**

Noon to 1 p.m.

**Wednesday closed**

### Basketball Tourney

Be the first to try out the new basketball court by playing in the Round-Robin Basketball Tourney.

Sign up your team of eight players now at the recreation center or email Eduardo Castillo, sports director.

The date and time will be announced as soon as the court is ready.

### Islamic Information

"Understanding Islam," a dialogue with a Muslim, will be held at the chapel Monday, July 30 at 6:30 p.m.

All are invited to learn about the Muslim faith. Refreshments will follow the program. For more information call Air Force Tech. Sgt. Abdur-Raheem As-Siddiq at ext. 4343.

### Chapel Trip

The base chapel is sponsoring a spiritual fitness retreat to the Copán Ruins from Aug. 31 to Sept. 2. The chaplain will lead a series of studies on blood sacrifices along with a group visit to the Mayan Ruins.

Visitors will have the chance to come together in fellowship along with relaxing and playing games.

The cost is mostly paid for by the chaplain's consolidated funds. Participants will only pay for their meals and a \$20 deposit when registering.

For more information call the chapel at ext. 4351 or 4606.

## AFFOR promotes 29 to staff sergeant

According to Air Force Personnel Center officials, there is a 64.63 percent selection rate to staff sergeant — the highest in the 30-year history of the Weighted Airman Promotion System.

Air Force Forces command staff here congratulated 29 senior airmen July 18, as Soto Cano was right on par with a 64.4 percent selection rate. The Air Force selected 20,793 eligible senior airmen for promotion to staff sergeant. The selection rate represents a 13.89 percent increase from last year's previous record 50.74 percent. "The high promotion rate is certainly a morale builder not only for senior airman but also for the other airman ranks below them.

... With this upward trend in promotions, our airmen can feel good about their chances of quicker promotion to the NCO ranks. However, a higher role and more responsibility accompany the promotion, and our airmen have to be prepared to step up to their new roles and responsibilities," said Chief Master Sgt. Allen Niksich, AFFOR's command chief.

"We are promoting to the rank of staff sergeant slots based on separations in that grade, so it's no secret we have a challenge in retention of our junior NCOs. However, for those staying in uniform, promotion rates are at an all time high in the staff, technical, and master sergeant grades. Those who stay and are willing to put in the effort and sacrifice will be able to attain their goals of making it to the senior NCO ranks in less time than the past generation of NCO's. For that reason, added with the renewed efforts of our political and military leaders to take care of our people, I believe retention in our junior NCO's will be less of a challenge in the coming years," Niksich added.

A two-year-old Air Force initiative that increases the number of staff sergeant, technical sergeant and master sergeant vacancies has also improved promotion opportunities. Previously, the percentage of 'Top Five' non-commissioned officers was limited to 48.5 percent of the

enlisted force — a number that officials anticipate will continue to rise.

Niksich offered some advice for the newly promoted NCOs.

"Work hard and realize you were promoted based on your potential to accept greater responsibility. That new stripe will look good on your shoulders and the extra pocket money will no doubt be graciously accepted. As you step into the

NCO ranks, many of you at a very young age with little experience, remember that your technical skills and certainly your leadership skills are still maturing. Watch and learn from other NCOs and officers; learn from their good and their bad traits, and the minute you think you know it all, you better count to ten and start over," he said.

"You join an elite fraternity of professionals, and it is your duty to uphold the traditions and standards that so many before you have built with distinction and honor. Take care of your mission, take care of your people, and continue to your development to become a stronger leader and you will fulfill your potential that brought you not only this promotion, but the many more to come in your military careers," Niksich concluded.

The average score for those selected was 263.67 points based on the following averages:

- 130.00 Enlisted Performance Reports
- 50.43 Promotion Fitness Exam
- 52.60 Specialty Knowledge Test
- 17.96 Time in Grade
- 11.71 Time in Service
- 0.84 Decorations

Those selected will be promoted to staff sergeant beginning Sept. 1 through August 1, 2002. Air Force releases promotions on a single date, ranks them according to time in service, and distributes promotions proportionately each month throughout the year.

(Compiled by Master Sgt. Jeff Bohn)

## Jumper nominated as new AF chief of staff

Washington (AFPN) -- The President announced his nomination of Gen. John P. Jumper for assignment as chief of staff of the United States Air Force July 16.

Jumper is presently the commander of Headquarters Air Combat Command at Langley Air Force Base. He has served in the U.S. Air Force since 1966 and has commanded a fighter squadron, two fighter wings and a numbered air force.

The general also served in the Pentagon as deputy chief of staff for air and space operations, as the senior military assistant to two secretaries of defense and as special assistant to the chief of staff for roles and missions.

He is a command pilot with over 4000 flying hours, principally in fighter aircraft.

Jumper has received numerous awards for his military service including the Distinguished Service Medal and the Distinguished Flying Cross with two oak leaf clusters. Jumper

earned his undergraduate degree from Virginia Military Institute, completed Squadron Officer School and Air Command and Staff College at Maxwell Air Force Base, Ala., received a master's of business administration from Golden Gate University and then attended the National War College.

"I am extremely pleased that the president has nominated Gen. John Jumper to be the next Air Force chief of staff. Gen. Jumper knows our mission and our people inside out, and he has the vision, leadership and experience to assure the U.S. Air Force remains the world's preeminent aerospace force. ...," said Air Force Chief of Staff Gen. Mike Ryan.



Photo by Staff Sgt. David McCarrison

Gen. John P. Jumper was nominated by the president July 16 to be the next Air Force chief of staff. Jumper is currently the commander of Air Combat Command at Langley Air Force Base, Va.